

REGION III AGING SERVICES

Donna Olson, Regional Aging Services Program Administrator

Serving: Benson, Cavalier, Eddy, Ramsey, Rolette, & Towner Counties



Summer 2007



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AGING SERVICES NEWSLETTER

Please share this newsletter with a friend, co-worker, at your Senior Center, post on a bulletin board, etc. If you wish not to be on the mailing list for the newsletter, please contact **Donna Olson** at **3665-2200**. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. **Lake Region Human Service Center** makes available all services and assistance without regard to race, color, national origin, religion, age, sex, or handicap, and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act

of 1975 as amended. **Lake Region Human Service Center** is an equal opportunity employer.

MISSION STATEMENT

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.

I shall pass through this world but once. Any good, therefore, that I can do or any kindness I can show to any human being, let me do it now...for I shall not pass this way again. --William Penn



Dietary Reference Intakes (DRI's)

Older Americans Act Nutrition Programs – More Than Just a Meal

“What’s for lunch today?” is a question frequently heard at an Older Americans Act (OAA) nutrition site often a Senior Center. The question is readily answered by the site manager, the cook, or another participant. But, do you know what goes on “behind the scenes” to prepare that meal? Meals served by nutrition programs are made from menus that are carefully written to include adequate nutrients that promote good health and manage chronic disease.

The 2006 amendments to the Older Americans Act (OAA) address several important changes to the OAA Nutrition Program. For the first time, the law documents the purpose of nutrition services:

- “1) To reduce hunger and food insecurity;
- 2) To promote socialization of older individuals; and
- 3) To promote the health and well being of older individuals in assisting such individuals to gain access to nutrition and other disease prevention and health promotion services to delay the onset of adverse health conditions resulting from poor nutritional health of sedentary behavior.”

The law further requires that all meals must comply with the most recent Dietary Guidelines for Americans and provide for each meal, a minimum of 33 1/3% of the **Dietary Reference Intakes (DRI's)** as established by the Institute of Medicine of the National Academy of Sciences. Dietary Guidelines describe food choices that promote good health. The DRI's help assure that nutrient needs are met.

With the new requirements, you will see some changes in the menus. In order to meet nutrient requirements, an additional serving of bread or a bread alternative and an additional serving of a fruit or vegetable will be served; fats and sodium will be limited. The nutrition providers will continue to serve tasty and healthful meals.

In addition to nutritious meals, the OAA Nutrition Programs also provide other services for older individuals. They include:

- Congregate meal site participation: provides for interaction and socialization.
- Nutrition education: empowers individuals to make behavior changes in eating habits through information on food and nutrition.
- Nutrition counseling: provides individualized information/counseling on specific nutrition issues or concerns.
- Information and referral: connects individuals to other needed services in the community.
- Health maintenance services and exercise programs are also available at many of the nutrition sites.

So, the next time you go to the nutrition site, take advantage of all that it has to offer!

Source: Sheryl Pfliger, Program Administrator, DHS, Aging Services Division

WE CANNOT DIRECT THE WIND, BUT WE CAN ADJUST OUR SAILS.



"The Conference You Have Been Waiting For!"

Northern Plains Conference on Aging and Disability "Gates to Independence: Options and Choice"

October 3-5, 2007 Ramada Plaza Suites

Fargo, North Dakota

National, regional and local presenters will speak on many facets of aging and disability. An extensive booth fair is planned. Keynote presenters include:

- Dr. Neelum T. Aggarwal – Clinical Core Leader, Assistant Professor of Neurological Sciences at the Rush Alzheimer's Center
- Dr. Ann Thomas – Author and leader in the area of embracing the journey into our elder years
- Dick Beardsley – World class runner and motivational speaker from Minnesota
- Chuck Suchy – Folk singer, story teller, songwriter and farmer from North Dakota
- Twenty-nine concurrent sessions will be offered on wide variety of topics (i.e. Making End of Life Decisions, Dealing with Difficult People, Loss of Power as We Age, Integrating Assistive Technology into Affordable Housing, Estate and Long term Care Planning, Compassion Fatigue, Identity Theft, Arthritis, Osteoporosis).

Your registration fee includes:

- Kick off event at Bethany Homes on October 3
- 2-Day Conference on October 4 and 5
- Refreshment Breaks
- Noon Lunches on October 4 and 5
- Certificate of Attendance
- Optional Facility Dinner Tour
- Booth and Vendor Fair

Recommended Audience:

- ✓ Seniors
- ✓ Nurses and Healthcare Providers
- ✓ Licensed Professional Counselors and Social Workers
- ✓ Long-Term Care Professionals
- ✓ Church Leaders and Parish Nurses
- ✓ Home and Community Based Service Providers
- ✓ Outreach and Human Service Workers
- ✓ Individuals Who Have an Interest in Aging and Disability

CEU's: Continuing Education Units pending approval for: Nurses, Social Workers, and Nursing Home Administrators

Registration Information: If you would like to be added to the mailing list and receive a brochure, please contact: MSU Moorhead Continuing Studies at 218-477-5862 or contstdy@mnstate.edu Ask to be put on the mailing list for the Northern Plains Conference on Aging and Disability. Your registration brochure will be mailed to you by 8-3-07.

The Cost:

Registration (on or before September 7, 2007)

- Professional and General Public Rate \$75
- Retired Persons Age 60 and Over Rate \$30
- Students With Valid Student ID Rate \$30

Registration after September 7, 2007

- Professional and General Public Rate \$100
- Retired Persons Age 60 and Over Rate \$45
- Students With Valid Student ID Rate \$45

(Note: fees are higher at the door)

www.northernplainsconference.com

ALZHEIMER'S

Driving & Alzheimer's

Families struggle with the decision to limit or stop a person with dementia from driving. The person may be upset by the loss of independence and the need to rely on others for going places. This sense of dependence may prevent people with dementia from giving up the car keys. A diagnosis of Alzheimer's disease alone is not a reason to take away driving privileges. Here are some ways to best determine if it is safe for a person with dementia to continue driving.

Warning Signs of Unsafe Driving

- Forgetting how to locate familiar places
- Failing to observe traffic signals
- Making slow or poor decisions
- Driving at inappropriate speeds
- Becoming angry and confused while driving
- Hitting curbs
- Poor lane control
- Confusing the brake and gas pedals
- Returning from a routine drive later than usual

Tips to Limit Driving

- Ask a doctor to write the person a "do not drive" prescription
- Control access to the car keys
- Disable the car by removing the distributor cap or battery
- Park the car on another block or in a neighbor's driveway
- Have the person tested by the Department of Motor Vehicles
- Arrange for another mode of transportation
- Substitute the person's driver's license with a photo identification card (in addition to making the car inaccessible)

Stay Mentally Active

Mental decline as you age appears to be largely due to altered connections among brain cells. But research has found that keeping the brain active seems to increase its vitality and may build its reserves of brain cells and connections. You could even generate new brain cells.

You don't have to turn your life upside down, or make extreme changes to achieve many of these benefits. Start with something small, like a daily walk or crossword puzzles. After a while, add another small change.

Keep Your Brain Active Every Day

- Stay curious and involved – commit to lifelong learning
- Read, write, work crosswords or other puzzles
- Attend lectures and plays
- Enroll in courses at your local adult education center, community college or other community group
- Play games
- Garden
- Try memory exercises
- Take dancing lessons

Source: Alzheimer's Association, Minnesota-North Dakota Spring 2007 Newsletter

For more information on Alzheimer's, contact the following:

North Dakota Regional Office
Gretchen Everson
4357 13th Ave SW, Suite 203
Fargo, ND 58103
(701) 277-9757

"One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself."

Lucille Ball

STROKE Awareness:

Stroke doesn't discriminate – it affects people of all ages, ethnicities and backgrounds!

- Stroke is the No. 3 killer in the U.S. and a leading cause of disability.
- One of six people over age 55 is at risk of stroke.
- Know your risk factors. Learn the warning signs. A family history of stroke increases your risk.

Fortunately, most strokes are preventable, and you can take steps **NOW** to reduce having a stroke.

Face Stroke Before It Faces You.



Lowering Your Risk:

With more than 700,000 Americans suffering a stroke each year, it becomes critical to understand both the signs of this deadly condition and ways to lower the risk. While some risk factors are hereditary, others result from lifestyle factors that may be controllable or treatable:

- High blood pressure – High blood pressure is the most important controllable risk factor for stroke. The effective treatment of high blood pressure has helped lower the death rate for stroke.
- Cigarette smoking – Studies have shown cigarette smoking to be an important risk factor for stroke. The nicotine and carbon monoxide in smoke damages the cardiovascular system.

- Atrial fibrillation – This heart rhythm disorder raises the risk for stroke. The heart's upper chambers quiver instead of beating effectively, which can let the blood pool and clot. If a clot breaks off, enters the bloodstream, and lodges in an artery leading to the brain, a stroke occurs.

- Sickle cell disease (also called sickle cell anemia) - This genetic disorder mainly affects African-American and Hispanic children. "Sickled" red blood cells are less able to carry oxygen to the body's tissues and organs. These cells also tend to stick to blood vessel walls, which can block arteries to the brain and cause a stroke.

- High blood cholesterol – People with high blood cholesterol have increased risk for stroke. Also, low HDL ("good") cholesterol is a risk factor for stroke in men, but more data is needed to verify its effect on women.

- Poor diet – Diets high in saturated fat, trans fats and cholesterol can raise blood cholesterol levels. Diets high in sodium (salt) can contribute to increased blood pressure. Diets with excess calories can contribute to obesity. A diet containing five or more servings of fruits and vegetables per day may reduce the risk of stroke.

- Physical inactivity and obesity – Being inactive, obese or both can increase your risk of high blood pressure, high cholesterol, diabetes, heart disease and stroke. So go on a brisk walk, take the stairs, and do whatever you can to make your life more active. Try to get a total of at least 30 minutes of activity on most or all days.

- Schedule regular visits with your doctor.



(For more information about stroke risk and prevention, visit the American Stroke Association at www.strokeassociation.org.)

Learn the Warning Signs of a Stroke:

Stroke is highly treatable in the first three hours.

Call 9-1-1 IMMEDIATELY if any occur.

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

*You have the **Power To End Stroke**. Visit StrokeAssociation.org/power or call 1-888-4-STROKE.
(Sources taken from Community-Health-Advocacy-Pfizer Spring 2007)*

**Hot weather invites outdoor fun.....**

It can also put seniors at risk for heat-related illness such as heat exhaustion and/or heat stroke. Too much heat may lead to other serious disorders such as dehydration, heat cramps, and sunburn. In some cases, heat related illnesses may be fatal. Your best defense against heat related illness is prevention.

Heat exhaustion is the direct result of the loss of body fluids and important salts in the body. The symptoms of this condition are best described as:

- lightheadedness to dizziness,
- headache,
- nausea,
- fatigue,
- profuse sweating, and
- the skin is often pale and clammy.

Treat the person by placing them in a cool environment, remove or loosen tight clothing, and have them lie down. Keep them cool and have them drink plenty of fluids or Gatorade.

A **heat stroke** victim's body is hot (usually up to 104 degrees), and usually dry, red and spotted. Heat stroke can be caused by being in extreme heat for a long period of time, and is a medical emergency. It may develop quickly in older people living in hot and humid environments. Without some immediate treatment, heat stroke can result in coma and death. The symptoms that a victim might experience are:

- being confused,
- having convulsions,
- being delirious, and
- even unconscious.

Immediate first aid and medical assistance is necessary. Call **911** immediately. (**FAST** action is essential!) This is a medical emergency!!!

The best way to avoid heat stroke is to:

- stay out of the sun,
- keep cool,
- drink plenty of fluids and avoid beverages with alcohol or caffeine,
- take cool baths, or shower often, especially if you're in a hot and humid climate,
- eat lightly,
- normally exercise can be good for you, but you must take precautions not to over do it,
- wear loose-fitting cotton clothes,
- avoid going outside in the middle of the day, and
- run a fan to provide cooling.

For adults 65 and older, exposure to extreme heat, even for a short time, can overload the body's natural cooling system. This can pose a real health threat, especially when temperatures soar and humidity is high. (*This article is general information, and should not be construed as medical advice.*)

TIPS FOR PEOPLE AT RISK FOR TYPE 2 DIABETES:

As you get older, your risk for type 2 diabetes increases. If you are age 60 or more and overweight, you are at risk for type 2 diabetes or pre-diabetes. Take these small steps to prevent or delay the onset of the disease. Lose a modest amount of weight (10 to 14 pounds for a 200-pound person) by moving more and making healthy food choices.

Eat Right

To prevent type 2 diabetes!

Reduce the amount of food you eat to help with weight loss.

Choose Healthy Foods:

- Whole grain foods such as whole wheat bread, crackers, and cereals, and brown rice, oatmeal, and barley.
- A variety of colorful fruits and vegetables.
- Small portions of heart-healthy fats such as nuts, seeds, and vegetable oils.
- Low fat or skim milk, yogurt, and cheese.

Try These Tips:

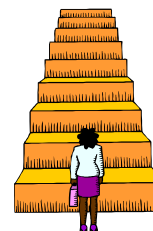
- Eat three-ounce servings of meat, poultry, and fish – about the size of a deck of cards.
- Choose fish and lean meat and poultry without the skin.
- Choose foods that have been baked or broiled instead of fried.
- Limit sweets and desserts. They usually contain a lot of fat as well as sugar. Have a small serving at the end of a healthy meal – and not every day.
- Share large portions when eating out.
- When your grandkids visit, offer them health snacks such as fruit instead of cookies and chips.
- Choose water to drink.
- Eat breakfast every day.

REMEMBER

- Ask your doctor or health care team if you are at risk for type 2 diabetes. Let them know you want to be more active. If you have limited physical ability, ask which activities will be safe for you.
- Make healthy food choices and reduce the amount you eat.
- Your goals are to get 30 minutes of physical activity five days a week and to lose a modest amount of weight.
- Medicare offers a free blood glucose test for people at risk for diabetes. Visit www.medicare.gov or call 1-800-MEDICARE to learn more.

It may not be easy to make these lifestyle changes, but you can do it!!

TAKE YOUR FIRST STEP TODAY



To learn more, go to the:

- National Diabetes Education Program at www.ndep.nih.gov. Click on the **Small Steps, Big Rewards. Prevent type 2 Diabetes.** link for a free copy of **Your GAME PLAN to Prevent type 2 Diabetes.** You can also call 1-800-438-5383.
- Weight-control Information Network (WIN) at www.win.niddk.nih.gov or 1-877-946-4627.

www.ndep.nih.gov

(Taken from: NIH Publication No. 07-5528 NDEP 75)

ND Family Caregiver Support Program

Caregiving: The Power of Positive Attitude

Your attitude toward the challenges of caregiving will make it easier or more difficult for you to deal with them. If you have an optimistic attitude, you are more likely to expect that a positive outcome is possible and to focus on what you can do when faced with a change or decision. With a pessimistic attitude, focus is on the negative. Being optimistic doesn't mean you suppress your feelings when dealing with a difficult situation or decision. It's perfectly normal to feel discouraged, angry, fearful, anxious, sad and uncertain. However, people who are optimistic get beyond these feelings to make the most of a situation.

An optimistic attitude helps you avoid depression, helps you focus, and motivates you to move forward. Studies also show that an optimistic attitude may help you avoid getting sick during stressful times. On the other hand, a pessimistic attitude – for example, thinking nothing can be done – will probably keep you from looking for ways to deal with the changes you face and will increase feelings of helplessness. And, it might even put your health at risk.

Optimism creates possibilities and hope; pessimism destroys them. How you view events can either enhance or undermine your ability to master a transition.

To determine if you tend to be optimistic or pessimistic, complete the following. Check "yes" if you agree with the statement; check "no" if you don't agree.

| <u>Yes</u> | <u>No</u> | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Caregiving problems are never-ending. |
| <input type="checkbox"/> | <input type="checkbox"/> | Good things that happen are only brief moments in time. |
| <input type="checkbox"/> | <input type="checkbox"/> | Chronic illness casts a dark cloud over every area of my life. |
| <input type="checkbox"/> | <input type="checkbox"/> | I am responsible for making the care receiver happy. |
| <input type="checkbox"/> | <input type="checkbox"/> | Nothing can be done to make my situation better. |

If you checked "yes" to any of the previous statements, your attitude tends toward pessimism and may be inhibiting your ability to deal with change and to make sound decisions.

You can become more optimistic by applying these tools:

- View setbacks as temporary.
- View bad things as specific, not universal.
- Seek solutions to problems.
- Give yourself credit for what you do.

- Recognize beliefs are not facts.
- Practice positive self-talk.

| <u>Optimistic Outlook</u> | <u>Pessimistic Outlook</u> |
|--|---|
| <p>“Things usually work out eventually.” <i>(Sees bad events as temporary that will pass. Shows hopefulness.)</i></p> | <p>“Things never seem to work out.” <i>(Sees bad things as permanent and unchangeable. Sees good as fleeting. Believes nothing can be done so does nothing.)</i></p> |
| <p>“Despite the stroke we still enjoy each other and our fishing trips.” <i>(Sees life as generally good with a negative event affecting only a part of life.)</i></p> | <p>“The stroke has ruined our retirement years.” <i>(Sees a negative event affecting entire life. Causes feelings of grief and loss for a future now viewed as gone.)</i></p> |
| <p>“Strokes happen. I’m looking at what we can do to prevent another stroke.” <i>(Does not blame self for situations or behavior cannot control. Willing to take credit for good things.)</i></p> | <p>“If I had insisted Norm quit smoking and fixed healthier meals, he probably would not have had a stroke.” <i>(Blames self for negative situations over which has no control.)</i></p> |

Summary

The goal is to achieve a positive attitude based on present reality. Because you have control over your attitude, reaching this goal is up to you. If your current attitude is based on wishful thinking about the past, you can change it by how you deal with change and transition.

If you view a setback as “ruining your entire life forever,” you can change your perspective by identifying parts of your life untouched by the setback. If you view mistakes as opportunities to learn instead of signs of personal failure, you can avoid repeating them. If negative thinking and unfair self-criticism undermine your self-confidence, and paralyze your creativity, you can challenge the negativity with facts that make the criticism untrue.

Source: *The Caregiver Helpbook; Powerful Tools for Caregiving*



2007 Senior Wellness Sensation will be held on Thursday, August 16th at the Ramkota Hotel in Bismarck. If you would like a brochure/registration form, you may call Sheila at 701-328-8868.

Legal Services of North Dakota Senior Legal Hotline

Legal Services of North Dakota (LSND) and the Aging Services Division of the North Dakota Department of Human Services are partnering on a project to develop an enhanced senior legal services delivery system. This system will allow seniors to have telephone access to senior legal services programs provided by LSND, the State Bar Association of North Dakota (SBAND), and the University of North Dakota School of Law Clinic Education Program through one simple toll-free number. LSND will promote the use of the hotline with particular efforts toward Native American, immigrant, and rural and disabled seniors. WATCH for updates!

**Age 60+ years: Call Monday through Friday,
8 a.m. – 5 p.m. CT
1-866-621-9886**



I've learned...

| | |
|-----------------|--|
| I've learned... | That just one person saying to me, "You've made my day!" makes my day. |
| I've learned... | That the best classroom in the world is at the feet of an elderly person. |
| I've learned... | That having a child fall asleep in your arms is one of the most peaceful feelings in the world. |
| I've learned... | That being kind is more important than being right. |
| I've learned... | That you should never say no to a gift from a child. |
| I've learned... | That no matter how serious your life requires you to be, everyone needs a friend to act goofy with. |
| I've learned... | That we should be glad God doesn't give us everything we ask for. |
| I've learned... | That simple walks with my father and/or mother on summer nights when I was a child did wonders for me as an adult. |

Telephone Numbers to Know

Regional Aging Services Program Administrators

| | | |
|---------------------|-------------------------------------|----------------|
| Region I: | Karen Quick | 1-800-231-7724 |
| Region II: | MariDon Sorum | 1-888-470-6968 |
| Region III: | Donna Olson | 1-888-607-8610 |
| Region IV: | Patricia Soli | 1-888-256-6742 |
| Region V: | Sandy Arends | 1-888-342-4900 |
| Region VI: | Russ Sunderland | 1-800-260-1310 |
| Region VII: | Cherry Schmidt (local: 328-8787) | 1-888-328-2662 |
| Region VIII: | Mark Jesser | 1-888-227-7525 |

ND Family Caregiver Coordinators

| | | |
|---------------------|-----------------------|----------------|
| Region I: | Karen Quick | 1-800-231-7724 |
| Region II: | Theresa Flagstad | 1-888-470-6968 |
| Region III: | Kim Helten | 1-888-607-8610 |
| Region IV: | Raeann Johnson | 1-888-256-6742 |
| Region V: | Laura Fischer | 1-888-342-4900 |
| Region VI: | CarrieThompson-Widmer | 1-800-260-1310 |
| Region VII: | LeAnne Thomas | 1-888-328-2662 |
| Region VIII: | Michelle Sletvold | 1-888-227-7525 |

Long-Term Care Ombudsman Services

| | | |
|-----------------------------|--|----------------|
| State Ombudsman: | Helen Funk | 1-800-451-8693 |
| Region I & II: | Michelle Jacob | 1-888-470-6968 |
| Region III & IV: | Kim Helten or Donna Olson (701-665-2200) OR | 1-888-607-8610 |
| Region V & VI: | Bryan Fredrickson | 1-888-342-4900 |
| Region VII: | Helen Funk | 1-800-451-8693 |
| Region VIII: | Mark Jesser | 1-888-227-7525 |

Vulnerable Adult Protective Services

| | | |
|---------------------------|---|----------------------------------|
| Region I & II: | MariDon Sorum | 1-888-470-6968 |
| Region III: | Ava Boknecht, Kim Helten, or Donna Olson | 1-888-607-8610 |
| Region IV: | Patricia Soli | 1-888-256-6742 |
| | Direct referral to GFCSS VAPS: | 1-701-797-8540 |
| | RaeAnn Johnson Vulnerable Adult Team (VAT): | 1-888-256-6742 |
| Region V: | Sandy Arends | 1-888-342-4900 |
| | Direct referral may be made to Cass County Adult Protective Services unit: | 1-701-241-5747. |
| Region VI: | Russ Sunderland | 1-701-253-6344 |
| Region VII: | Cherry Schmidt or Sheila Lindgren, | 1-888-328-2662 or 1-701-328-8888 |
| Region VIII: | Mark Jesser | 1-888-227-7525 |

Other

| | |
|---|----------------------------------|
| Aging Services Division and Senior Info Line: | 1-800-451-8693 |
| AARP: (1-888-OUR-AARP) | 1-888-687-2277 |
| ND Mental Health Association (Local): | 1-701-255-3692 |
| Help-Line: | 1-800-472-2911 |
| IPAT (Assistive Technology): | 1-800-265-4728 |
| Legal Services of North Dakota: | 1-800-634-5263 |
| or (age 60+): | 1-866-621-9886 |
| Attorney General's Office of Consumer Protection: | 1-701-328-3404 1-800-472-2600 |
| Social Security Administration: | 1-800-772-1213 |
| Medicare: | 1-800-633-4227 |
| Senior Health Insurance Counseling (SHIC) ND Insurance Department: | 1-701-328-2440 |
| Prescription Connection: | 1-888-575-6611 |
| Alzheimer's Association: | 1-701-258-4933 1-800-232-0851 |

Region III Council on Aging
Esmond School Alumni Center
August 1, 2007

- 9:30 – 10:00 a.m. Registration – Coffee, Rolls, and Muffins
Musical Selections – Darold Opstedhal and Lila Roerich
- 10:00 a.m. Welcome – President Minnie Flynn, President
Call To Order/Pledge to the Flag

There will be door prizes throughout the day.

Old Business

- a. Reading of Minutes of the last meeting and Treasurer's Report – Shirley Jones, Secretary/Treasurer
- b. Reports/Communications/Announcements
 1. County Councils/Senior Clubs
 2. Title III Project Directors
 3. Regional Aging Services Program Administrator
 4. Other

New Business

- a. Transportation Services – Larry Leonard Jr. and Norma Jean Neumiller
- b. Other
- c. Next meeting date and location

11:00 a.m. Program: Experience Works
Presenters: Judy Baxter and Ruby Hintz

12:00 – 1:00 p.m. Lunch
Menu for the Day
Barbecues
Potato Salad
Frog Eye Salad
Ice Cream Cups

1:15 p.m. Program: Fraud and Scams
Steven Rohrer, Benson County Sheriff

2:00 p.m. Entertainment – Musical Selections, Vince Swenson Band, Bismarck, ND

3:15 p.m. Coffee and Doughnuts

Thanks for coming and have a safe trip home!

Please call Irene Wolf at 249-3205 or Beverly Miller at 249-3575, Esmond by Monday July 30 if you would like to eat the noon meal. There will be a \$5.00 charge for the meal.

Thanks to Esmond Golden Age Club for hosting the Region III Council on Aging.

Region III Council on Aging

Devils Lake Armory

April 25, 2007

The Region III Council on Aging met at the Devils Lake Armory meeting room on April 25, 2007 with 54 people in attendance, hosted by Trudy Ertmann and Diane Hill, Retired Senior Volunteer Program. Registration and refreshments were enjoyed from 9:30 a.m. to 10:30 a.m. President Minnie Flynn called the meeting to order, welcomed everyone, and thanked them for coming. Trudy Ertmann, RSVP, welcomed everyone and read a letter from Donna Olson, Regional Aging Services Program Administrator. Donna welcomed everyone and was sorry she was unable to attend the meeting. She was attending an Aging Services Division State Staff Meeting in Bismarck. She thanked Trudy Ertmann, Diane Hill, Linda Madsen, Jean Aardahl, the Senior Center Band, and Senior Sensations as well as Larry Leonard for their part in the program today. Donna asked that each senior center plan events for Older Americans Month and requested that they send her the dates of activities planned. She prepared an article on the Older Americans Act which was passed around. Donna Olson also asked everyone to mark their calendar for the October Northern Plains Conference on Aging and Disability which will be held in Fargo. An agenda was passed out to attendees. Minnie Flynn lead the Pledge to the Flag. Jean Aardahl introduced the Devils Lake Senior Center Band members. They entertained us with several musical numbers.

Old Business

The minutes of the last meeting were read and approved after two corrections. Treasurer's report - \$799.50.

County Reports

- Towner** **Cando** – Enjoying the meals served with several clients receiving home delivered meals. Meet monthly with singing the birthday song to those having birthdays that month. Have foot clinic and blood pressure checks weekly. Cards and bingo once a month. Senior bus is busy. They gave plates to three shut-ins for wheat commission day on March 24. Marjean Haugen, Outreach Worker, spoke to members and had meeting on Medicare Part D. Allen Halley from Cando is a Silver Haired Delegate.
- Bisbee** – Have good meal attendance three times a week with some home deliveries. Play cards after meals most days. Have greeting cards for sale. Center is used for meetings, graduations, and anniversary parties. Have foot clinic and blood pressure checks monthly, also go to shut-ins. We packed five boxes at Christmas for Samaritan purse.
- Egeland** – Bland and Aleta Grove who were members for many years are in a nursing home in Larimore, so will have to elect new officers. No other info at this time.
- Ramsey** **Devils Lake** – Senior Center is celebrating Older Americans Month in May. May 8 - Brenda Langerud will speak on “whole grains” for better health at 10:30. On May 9 - Sandi Lunde presents Healthy Living Tips. Continuing to do well on jail meal contract to provide extra funds to support programs.
- Rolette** **Dunseith** – Meet first Monday each month. Going to Minot May 8 for Senior Day. They have a new counter top and switch plates in the kitchen and some floor tiles have been replaced. They plan to take the city bus for a weekend to Frostfire. Went to Medora last year. Club will participate in the 125 years celebration of the city in July. They are scheduled to get a new van this summer and are thinking of ways to raise matching funds.
- Cavalier** Beatrice Delvo, Cavalier County Senior Meals and Services Project Director, Langdon reports that home delivered meals are up. They are working to make congregate meal goals. Transportation is holding its own. Health maintenance is doing well in all counties. The volunteers are still working on the card project and it is going well. They are serving meals for

different groups to raise funds. Will celebrate Older Americans Month in May. No date set yet. Langdon has 97 members and hold monthly meetings with lunch hosted by two volunteers. A free will offering is taken monthly with the Christmas lunch offering going to some charity. The club has redone the bathrooms, putting in handicapped equipment, new flooring, and painted the walls. They play pinochle every Wednesday p.m. and bingo Thursday p.m. They play Bonco and cards almost every afternoon.

Benson

Norma Jean Neumiller, Benson County Transportation Project Director, reported that transportation is doing well. She has been back on her feet only a couple weeks. She thanked everyone for their cards and prayers.

Minnewaukan – 55 Club meet 1st Wednesday. They have 21 members. Have entertainment each 3rd Wednesday. Have birthday party with potluck lunch the 4th Thursday at noon. Bingo every Friday. Painting the Center this spring. Plan to serve lunch for Summerfest in July.

Leeds – Have monthly meetings with 14 members. Play cards and games. No longer have a meal site but have home delivered meals. The club goes out to eat once a year. They honor birthdays once a month with cake and coffee and send get well and sympathy cards. They use the Benson County transit system.

Maddock – 55 Club - have meals served three days a week. Deliver meals to Minnewaukan and Leeds. Volunteers work with the meals. Have monthly meetings 2nd Wednesday. Have social every 4th Friday. Sing birthday song to those who have had birthdays and send get well cards to people in the hospital. They entertain at the nursing home and serve lunch several times a year. Have foot clinic once a month at the nursing home.

Esmond – Golden Age Club has 28 paid members. Meet at the Esmond Fire Hall every 2nd Monday. Play 20 games of bingo, lunch is served. Give a women's and men's door prize each time. Hold potlucks for holidays. Once a year they meet at the Esmond café for a catered meal. Honor birthdays each month and have a moment of silence for deceased members. Send get well and sympathy cards. Once a month have a free will offering with soup, bread, bars, and cookies meal. Take things to people on bake and take day. Had a 100th birthday party for Art Rice of Devils Lake. Art is still an Esmond Senior Citizen member. A lot of Esmond people came to help him celebrate lifetime membership. The bathrooms are handicap accessible. Esmond will host the Region III meeting on August 1st at the Alumni Center School.

New Business

Trudy Ertmann, RSVP, gave a report on baby boomers. They aren't ready to retire. Senior clubs are doing the same thing, they should reach out to the community. Should take a look at what we are doing and what we would like to do and who we wanted to include and how to get them there. Should have events and invite people. Reported that Devils Lake volunteer reading program to children is working well. Amache is working well also.

Tom Mann from Langdon entertained us with his harmonica while we waited for our lunch, which was catered by the Culinary Arts from the Career and Technology Center in Devils Lake. The meal was very delicious. After lunch we were entertained by Faye Hoffman who played several songs on the piano and sang "One Day at a Time."

Linda Madsen, speaker from Minot State University, gave a very interesting talk on health care fraud and how we can help prevent it. She reported that billions of dollars are lost to fraud each year. She said to remember three things – protect, detect, and report. She said to protect yourself never give out your medicare number, always review your medicare summary notices for mistakes, and if you suspect errors report it. They are looking for volunteers to help people with detecting fraud. Jim Hunt is the volunteer from our area.

Larry Leonard Jr. reported on Older Americans Act 2007 Title III Contracts. Most Legislative bills are still pending. Most changes in the transportation will be in reporting services. Outreach will not receive funding for Medicare Part D education. Still will answer any questions anyone has. Said Donna Olson will be visiting and completing assessment visits at some of the meal sites. The food pyramid is changing, with less meat and more fruits and vegetables and whole grain foods.

Several door prizes were given out. The Silver Sensations from the Devils Lake Senior Center entertained while cookies and refreshments were served.

The next meeting will be August 1 in Esmond at the Alumni Center School.

Respectfully submitted
Shirley Jones, Secretary/Treasurer

Learn to Protect Yourself Against Identity Theft in North Dakota

Someone Wants To Steal Your Good Name

Who is it? Find out at this seminar in Devils Lake.

In the last five years, 27 million Americans have had their identities stolen. You, too, could become a victim of identity theft. North Dakota Attorney General Wayne Stenehjem and Consumer Protection Division Director Parrell Grossman will tell you about the many inventive ways identity thieves can get your personal information. Learn how to safeguard your credit and your good name. You will also learn about a new North Dakota law allowing you to “freeze” your credit.

It's Free – Register Now

There is no cost to attend but preregistration is requested. To register call toll-free 1-877-926-8300 or register online at www.aarp.org/nd.

Devils Lake

Thursday, October 11, 2007

11:30 a.m. – 1:00 p.m.

Lake Region State College

Registration begins at 11:00 a.m.

Light lunch will be served



Upcoming Events Make Plans To Attend!

***Region III Council on Aging Meeting. August 1, 2007
Esmond School Alumni Center**

***Northern Plains Conference on Aging and Disability, October 3, 4, & 5, 2007
Ramada Plaza, Fargo**

***Department of Human Services Stakeholders Meeting, September 12, 2007
Ramsey County Courthouse, Devils Lake**

***AARP Identity Theft Seminar, October 11, 2007
Lake Region State College, Devils Lake**

Donna Olson
Regional Aging Services Program Administrator
Lake Region Human Service Center
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